



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Lünser, Christian

Club: BSG Steigerwald Egstedt

Number: 567

Course: 20.00 km

20km Strecke

Category:

Senioren M30 (30-34 Jahre)

Total time: 1:52:48

Speed: 10.64 km/h

Running performance: 5:38 min/km

Rank in course/Total: 322 (of 552)

Rank in course/Men: 279 (of 405)

Best time in course: 1:13:54

Rank in category: 53(of 61)

Best time in the category: 1:15:59

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
10 km	10.00	56:20	5:38	54	16:45	255	17:46	10.00	56:20	5:38	54	16:45	255	17:46
Finish	10.00	56:28	5:38	53	20:04	296	21:08	20.00	1:52:48	5:38	53	36:49	279	38:54